

ABSTRACT

The invention provides a pillow capable of having the height thereof adjusted automatically so that the height of the back of the head of a user in a face-up lying position is slightly higher than his/her back, and also capable of having the height thereof varied automatically between a face-up lying position and a side lying position. A hollow portion 8 having a biasing mechanism 9 disposed therein is formed in a head placement member 3, and when the head is placed face-up on the head placement member 3, the hollow portion 8 is depressed so that the distance between the lowermost portion of the head and the bottom member 2 is in the range of 10 mm to 30 mm. The biasing mechanism has X-shaped links 11 disposed laterally spaced apart in the hollow portion 8. Each X-shaped link is composed by pivotally connecting a first link member 12 slanted upward toward the front and a second link member 13 slanted upward toward the rear by an intermediate link shaft 16. The biasing mechanism further comprises a front-side upper connecting member 18 for connecting the front ends of the first link members of the X-shaped links, a rear-side upper connecting member 20 for connecting the rear ends of the second link members of the X-shaped links, and a spring member 21 providing a spring force for approximating the link members of each X-shaped link in the frontward/rearward direction along a line of action in the frontward/rearward direction with respect to the X-shaped links.